

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 03050, Babyfood, dinner, spaghetti and tomato and meat, junior

Report Date: October 27, 2015 06:08 EDT

Nutrient values and weights are for edible portion.

## Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Stage 3 (6 oz) 170g	1 jar Gerber Third Foods (6 oz) 170g	1 jar Heinz Junior-3 (6 oz) 170g
<b>Proximates</b>										
Water	g	84.17	--	--	13.47	23.86	143.09	143.09	143.09	143.09
Energy	kcal	68	--	--	11	19	116	116	116	116
Energy	kJ	285	--	--	46	81	484	484	484	484
Protein	g	2.57	--	--	0.41	0.73	4.37	4.37	4.37	4.37
Total lipid (fat)	g	1.37	--	--	0.22	0.39	2.33	2.33	2.33	2.33
Ash	g	0.47	--	--	0.08	0.13	0.80	0.80	0.80	0.80
Carbohydrate, by difference	g	11.42	--	--	1.83	3.24	19.41	19.41	19.41	19.41
Fiber, total dietary	g	1.1	--	--	0.2	0.3	1.9	1.9	1.9	1.9
Sugars, total	g	2.72	--	--	0.44	0.77	4.62	4.62	4.62	4.62
Sucrose	g	1.37	--	--	0.22	0.39	2.33	2.33	2.33	2.33
Glucose (dextrose)	g	0.50	--	--	0.08	0.14	0.85	0.85	0.85	0.85
Fructose	g	0.54	--	--	0.09	0.15	0.92	0.92	0.92	0.92
Lactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Maltose	g	0.31	--	--	0.05	0.09	0.53	0.53	0.53	0.53
<b>Minerals</b>										
Calcium, Ca	mg	15	--	--	2	4	26	26	26	26
Iron, Fe	mg	0.53	--	--	0.08	0.15	0.90	0.90	0.90	0.90
Magnesium, Mg	mg	11	--	--	2	3	19	19	19	19
Phosphorus, P	mg	35	--	--	6	10	60	60	60	60
Potassium, K	mg	122	--	--	20	35	207	207	207	207
Sodium, Na	mg	30	--	--	5	9	51	51	51	51
Zinc, Zn	mg	0.53	--	--	0.08	0.15	0.90	0.90	0.90	0.90
Copper, Cu	mg	0.030	--	--	0.005	0.009	0.051	0.051	0.051	0.051
Manganese, Mn	mg	0.120	--	--	0.019	0.034	0.204	0.204	0.204	0.204

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Selenium, Se	µg	8.4	--	--	1.3	2.4	14.3	14.3	14.3	14.3
Fluoride, F <sup>1</sup>	µg	2.0	1	--	0.3	0.6	3.4	3.4	3.4	3.4
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.0	0.1	0.3	0.3	0.3	0.3
Thiamin	mg	0.048	--	--	0.008	0.014	0.082	0.082	0.082	0.082
Riboflavin	mg	0.068	--	--	0.011	0.019	0.116	0.116	0.116	0.116
Niacin	mg	0.967	--	--	0.155	0.274	1.644	1.644	1.644	1.644
Pantothenic acid	mg	0.086	--	--	0.014	0.024	0.146	0.146	0.146	0.146
Vitamin B-6	mg	0.064	--	--	0.010	0.018	0.109	0.109	0.109	0.109
Folate, total	µg	27	--	--	4	8	46	46	46	46
Folic acid	µg	24	--	--	4	7	41	41	41	41
Folate, food	µg	3	--	--	0	1	5	5	5	5
Folate, DFE	µg	44	--	--	7	12	75	75	75	75
Choline, total	mg	7.7	--	--	1.2	2.2	13.1	13.1	13.1	13.1
Vitamin B-12	µg	0.03	--	--	0.00	0.01	0.05	0.05	0.05	0.05
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE <sup>b</sup>	µg	63	--	--	10	18	107	107	107	107
Retinol	µg	0	--	--	0	0	0	0	0	0
Carotene, beta	µg	601	--	--	96	170	1022	1022	1022	1022
Carotene, alpha	µg	304	--	--	49	86	517	517	517	517
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU <sup>a</sup>	IU	1255	--	--	201	356	2134	2134	2134	2134
Lycopene	µg	1030	--	--	165	292	1751	1751	1751	1751
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.01	0.02	0.12	0.12	0.12	0.12
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	1	--	--	0	0	2	2	2	2
Vitamin K (phylloquinone)	µg	0.8	--	--	0.1	0.2	1.4	1.4	1.4	1.4
<b>Lipids</b>										
Fatty acids, total saturated	g	0.543	--	--	0.087	0.154	0.923	0.923	0.923	0.923
4:0	g	0.013	--	--	0.002	0.004	0.022	0.022	0.022	0.022

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6:0	g	0.005	--	--	0.001	0.001	0.008	0.008	0.008	0.008
8:0	g	0.003	--	--	0.000	0.001	0.005	0.005	0.005	0.005
10:0	g	0.007	--	--	0.001	0.002	0.012	0.012	0.012	0.012
12:0	g	0.010	--	--	0.002	0.003	0.017	0.017	0.017	0.017
14:0	g	0.044	--	--	0.007	0.012	0.075	0.075	0.075	0.075
16:0	g	0.306	--	--	0.049	0.087	0.520	0.520	0.520	0.520
18:0	g	0.142	--	--	0.023	0.040	0.241	0.241	0.241	0.241
Fatty acids, total monounsaturated	g	0.497	--	--	0.080	0.141	0.845	0.845	0.845	0.845
16:1 undifferentiated	g	0.030	--	--	0.005	0.009	0.051	0.051	0.051	0.051
18:1 undifferentiated	g	0.451	--	--	0.072	0.128	0.767	0.767	0.767	0.767
20:1	g	0.007	--	--	0.001	0.002	0.012	0.012	0.012	0.012
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.185	--	--	0.030	0.052	0.314	0.314	0.314	0.314
18:2 undifferentiated	g	0.165	--	--	0.026	0.047	0.280	0.280	0.280	0.280
18:3 undifferentiated	g	0.019	--	--	0.003	0.005	0.032	0.032	0.032	0.032
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.001	--	--	0.000	0.000	0.002	0.002	0.002	0.002
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	5	--	--	1	1	8	8	8	8
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

#### Sources of Data

<sup>1</sup>Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa

#### Footnotes

<sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.

<sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.